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Give my Brain Back

by the Tribads (to the tune of Dona Dona by Sholem Secunda, with first verse by Gary Ehrlich)

Late at night I dream of donuts
Stomach growls aa – nd my lips smack
Searching through the fridge and pantry
Finding me a midnight snack.

I can't live without them
I'd walk a dozen miles
I may have a heart attack but
I'll go with a smile.

Chorus

Donuts, dona, do-nuts, dona;	Do-na, donuts, dough
Donuts, dona, do-nuts, dona;	Do-na, donuts, dough.

Now at OLOC I – hear Joan Margaret
Tell me how to improve my brain
She says stimulants, wheat and dairy
Caffeine, sugar my brain inflame.

Because I want some joy in life
My memory to improve
I will change my diet choices
Slip in to a healthy groove.

Chorus

Say no-no to donuts;	Say no-no to do—nuts now
Say no-no to donuts;	Say no-no to do—nuts now.

Steady glucose, steady oxygen
Both improve with good blood flow
I improve them upon the BEMER mat
Makes my brain all ready to go.

Reduce stress with daily walks
Do not succumb to sweets
Eat seaweeds and coconut oil



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My brain will thank me for sleep.

Chorus

Thank you, thank you, thank you, thank you; Tha – ank you for sleep
Thank you, thank you, thank you; thank you; Tha – ank you for sleep

Depression drugs deplete my nutrients
Want to be ha-ppy and full of joy
My poor brain needs stimulation
I know brain games are my best toys.

Safer driving . keeps me . out of court
Sharper vi-sion in each glance
Faster thinking encourages finding
Words for Lesbian romance.

Chorus

Happy, happy, happy, full of joy; happy, happy, full of joy
Happy, happy, happy, full of joy; happy, happy, FULL OF JOY!